

WHAT TO COOK MEATLESS LENTEN DAYS—A WOMAN'S GARDEN—LITTLE NOVELTIES—FASHIONS

RECIPES FOR SAVORY LENTEN DISHES; MRS. WILSON GIVES EIGHT GOOD ONES

They Will Prove a Boon These Last Two Weeks That Have Meatless Days—Nutritious and Easily Made

Japanese Mushroom Cutlets, a Delicious Corn Chowder, Corn Croquettes and Potato Loaf and Timbales.

By MRS. M. A. WILSON

THE last long mile on the trail is always the longest to travel, and so it is with the last two weeks of the Lenten period. It finds us at a loss for meatless dishes, and this frequently happens because we lack variety.

In many sanitariums, both in this country and in Europe, meat seldom and frequently never appears on the menu. Yet four regain their lost health and come forth with renewed life. Recently on my visit to a large health hotel, as this sanitarium is called, I was really surprised at the large number of dishes made from wheat, milk, eggs, cheese and fish.

If we heed the warnings of the wise man, we will eat for strength and not for gluttony. We will exclude from our diet those foods that cause us harm. Thus we will come with our sense of taste keenly accelerated, enjoying the full flavor and food value of each meal.

Corn Chowder Place in a saucepan One-half cup of crushed corn. One cupful of water, Two onions, grated, Two cupfuls of diced potatoes.

Bring to a boil and cook slowly for fifteen minutes. Now add Two level tablespoonfuls of corn-starch, dissolved in one-half cupful of milk. Bring this mixture to a boil and cook for five minutes, and then add Three tablespoonfuls of finely minced parsley, Two tablespoonfuls of butter, One and one-half teaspoonful of salt.

THE WOMAN'S EXCHANGE

Removing Scotch Stain From Linen To the Editor of Woman's Page: Dear Madam—You tell me a way to remove a scotch stain from linen without leaving a ring from a cleaning fluid.

Like "Adventures With a Purse" To the Editor of Woman's Page: Dear Madam—Here I come again for information which you, I know, will gladly give because it is so interesting.

"Stranger" Wants Information To the Editor of Woman's Page: Dear Madam—I am a stranger in this city and am anxious to go to educational gatherings. As it would be necessary to have friends in order to join clubs, what would you suggest?

Wants to Stop Growing To the Editor of Woman's Page: Dear Madam—I am a girl sixteen years of age, and am worried about my height. It seems day after day I am getting taller and taller.

THREE KINDS OF EGG BEATERS



Egg beaters are highly important in the world of good cookery. Here are three good kinds. The first, an improved style of the "turn" type; the second, a flat wire spoon, and, the third, a chef's wire whip

One teaspoonful of paprika. Serve with toast or soda crackers.

Corn Croquettes Place in a saucepan One can of corn, One-half cupful of milk, Seven level tablespoonfuls of flour.

Three tablespoonfuls of grated onion, Three tablespoonfuls of finely minced parsley, Two hard-boiled eggs, chopped fine, One cupful of bread crumbs, Two teaspoonfuls of salt, One-quarter teaspoonful of mustard.

Oyster Plant Croquettes Wash and scrape and then cut in slices sufficient oyster plant to measure three cupfuls. Cut the oyster plant into small pieces and then cook until tender in boiling water.

Potato and Egg Loaf Two cupfuls of mashed potatoes, Two large onions, grated, One and one-half teaspoonfuls of salt, One teaspoonful of pepper, Two eggs.

Carrot and Spinach Timbale Two cupfuls of mashed carrots, One cupful of finely chopped parsley, One cupful of cold-boiled rice, Two hard-boiled eggs, chopped fine, Three tablespoonfuls of grated onion, One green pepper, chopped fine, Two teaspoonfuls of salt, One teaspoonful of paprika.

Ask Mrs. Wilson If you have any cookery problems, bring them to Mrs. Wilson. She will be glad to answer you through these columns.

Beat to thoroughly mix and then carefully cut and fold in the stiffly beaten whites of three eggs. Place in well-greased mold and then set the mold in a pan of warm water.

Beat to thoroughly mix and then carefully cut and fold in the stiffly beaten whites of three eggs. Place in well-greased mold and then set the mold in a pan of warm water. Bake in a moderate oven for thirty minutes, or until firm in the center.

Remove from the oven and let stand for a few minutes to shrink in the pan, and then turn on a hot platter. Garnish with finely chopped spinach and serve with cheese sauce.

Mix thoroughly and then mold into omelets and dip in flour and then in beaten egg, and then roll in fine bread crumbs. Fry until golden brown in hot fat. Serve with sauce.

Mix thoroughly and then pour on well-greased platters. Set aside for four hours to mold and form into croquettes. Dip in beaten egg and then roll in fine bread crumbs. Fry until golden brown in hot fat. Serve with sauce.

In Gingham With Organdie

A Daily Fashion Talk by Florence Rose



Any little girl would love this dress. It is described in today's fashion talk

A COUPLE of years ago gingham came out of the kitchen and became quite the thing for midday's best summer frock and while it has been side-tracked some what this season by the use of organdie for the best dresses, it nevertheless remains a very popular material. A very novel use of gingham has been introduced this year by the French designers in their spring models, by using bright colored gingham in bands to trim the skirts of dresses. It is rather a daring sort of trimming and not one to be used by any but an expert in clothes.

And So They Were Married

By HAZEL DEYO BATCHELOR

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START THIS STORY TODAY NOW you know," Scott was saying. Ruth after having told her the story from the beginning.

"Do you know what I do think?" He shook his head. "I think I deserve some awful punishment for all the misery I have caused through my foolishness."

"Not exactly. It was that day we went out to the Merritts and you were so disgusted with everything they had. Merritt and I are making the same money and feel somewhat that by accepting his invitation I had put myself in the same class with him."

"Come out in the kitchen with me while I go about," Ruth said, craning her neck around Scott to see the little black. "Why, dear, it's seven-twenty. Where has the time gone to?"

PLEASE TELL ME WHAT TO DO By CYNTHIA Kindly send a self-addressed envelope and the information you ask will be mailed to you.

Now, Babe, Will You Be Good? Cynthia notices that her column many letters on the subject of the boys who break girls' hearts; kiss them and then go off and forget about it.

Any Way You Look at It Dear Cynthia—I read your question column lately and among the letters one entitled "When the Man is Younger."

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WHY EVERY WOMAN WHO CAN OUGHT TO HAVE A GARDEN

It is One Way of Knowing God's in His Heaven and All's Right With the World—And Women Can Make Flowers Grow

THE other day I heard some one say "I was mostly in when I was interested in gardens, but this is something to be disputed. When the family is tucked away in the little old car and we are flying down the ribbon of road it seems everywhere, we see women pottering out about in the sunshine. Men are good gardeners, too, of course, but women, it seems, were made to get close down to fragrant soil and to coax the flowers up with the patient love and care and tenderness they give to the rearing of children."

EVERY woman who can ought to have a garden. It is one way of knowing "God's in His Heaven and All's Right with the World."

Adventures With a Purse HUMAN instinct may be unerring, I may say, but did you ever go to the bathroom at night and reach for your toothbrush and then find some one else's? Toothbrushes look so alike sometimes that even in the day time you have to be careful—and perhaps you even tie a string around yours.

How I Work Magic With Left-over Cheese Jim loves cheese any way, but of course, he doesn't like it just plain, and it used to be terribly hard for me to think up new ways of preparing it for him.

Mrs. Morrison's Chocolate Pudding Package Makes a Quart

Skin Tortured Babies Sleep After Cuticura

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